Infant Loss Self-Check & Healing Support Guide

This self-check is not a medical or mental health diagnosis.
It is a compassionate tool to help you reflect on your grief, your support, and your healing needs after pregnancy or infant loss.

SCORING:
☐ *Yes = 2 points* ☐ *Somewhat = 1 point* ☐ *No = 0 points*
Maximum Score: 30 points

SECTION 1: Understanding & Immediate Support

1. I was given clear information about what happened and my options after the loss.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: It is okay to ask for information again or in writing.

2. I understand the options available for burial, cremation, or memorial support.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: You deserve time and support to make these decisions.

3. I know who to contact if I have questions related to memorial or burial arrangements.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Having one point of contact can reduce stress.

SECTION 2: Emotional Safety & Grief

4. I feel emotionally safe expressing my grief.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Grief has no timeline and no right way.

5. I feel supported in honoring and remembering my baby.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Memorializing your baby can be part of healing.

6. I allow myself to grieve without guilt or pressure to "move on."
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Your grief is valid and deserves space.

SECTION 3: Support System & Connection

7. I have at least one person or group that supports me emotionally.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Support can come from people, groups, or faith communities.

8. I know where to turn if my grief feels overwhelming.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Reaching out early can help prevent isolation.

9. I feel comfortable asking for help when I need it.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Asking for help is a sign of strength.

SECTION 4: Daily Functioning & Self-Care

10. I am able to rest, eat, and care for myself during this time.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Gentle self-care supports emotional healing.

11. I recognize when my grief is affecting my daily functioning.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Awareness helps you know when to seek support.

12. I give myself permission to take breaks from responsibilities.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Rest is part of healing, not avoidance.

SECTION 5: Healing & Ongoing Support

13. I know where to find grief counseling or support groups if needed.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Support options are available when you are ready.

14. I feel hopeful that healing is possible, even if it takes time.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: Healing does not mean forgetting.

15. I know that support is available through Khairi and Little Angels' Memorial.
☐ *Yes* ☐ *Somewhat* ☐ *No*
Suggestion: You are not alone on this journey.

Your Results & What They Mean

After completing the self-check, add up your points to find your total score.

 22–30 points — Well Supported

You appear to have support and resources during your grief. Continue honoring your healing journey.

 12–21 points — Additional Support May Help

You may benefit from more guidance, connection, or emotional support. Gentle help is available.

🔴 *0–11 points — Support Strongly Recommended*

You may be navigating this loss with limited support. You are not alone, and compassionate help is available.

Next Steps:

- *Access infant loss and memorial support resources*
- *Reach out to a trusted support person*
- *Contact Khairi and Little Angels' Memorial for guidance*

Your grief matters. Your baby matters.